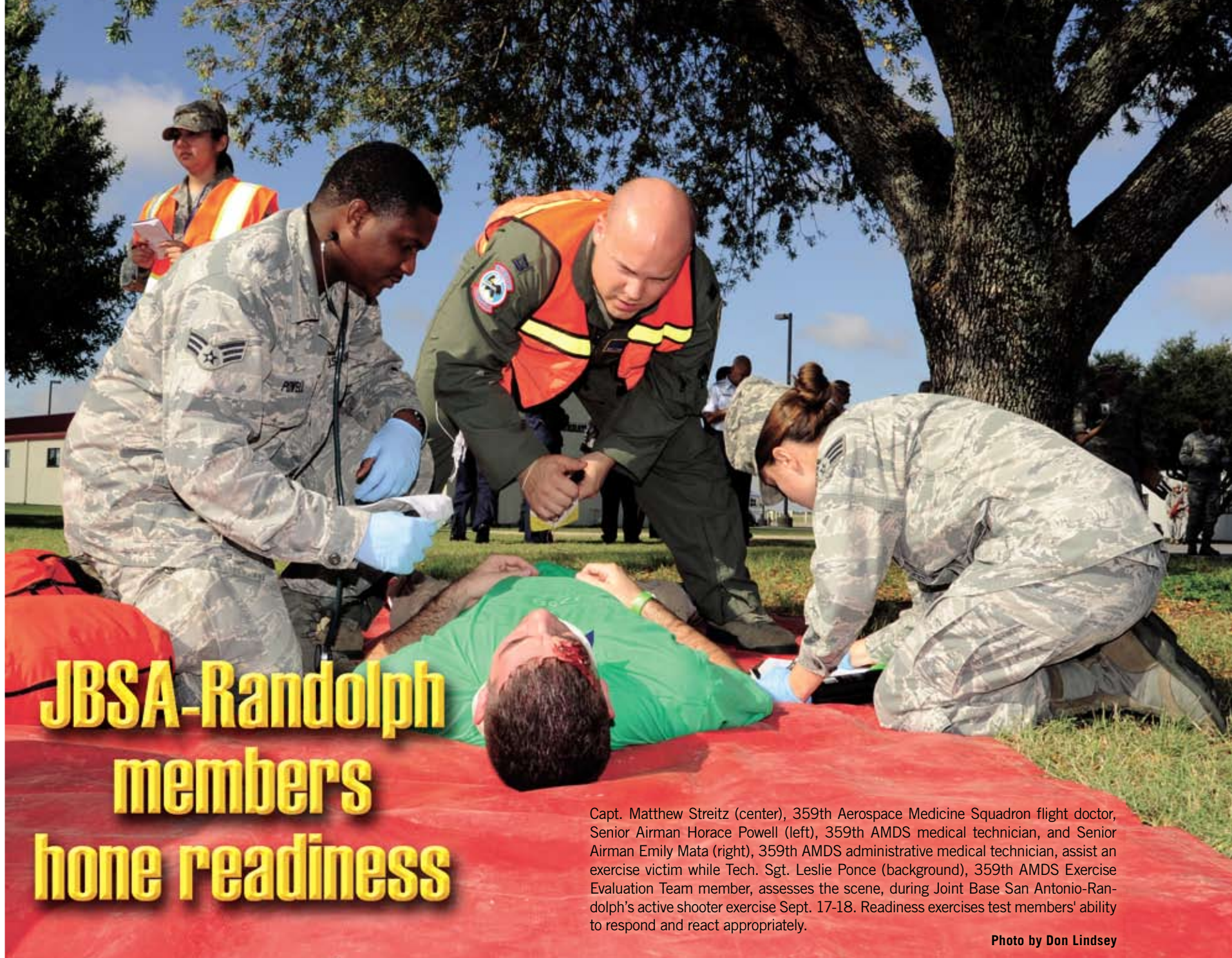




WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

66th Year • No. 38 • SEPTEMBER 21, 2012



JBSA-Randolph members hone readiness

Capt. Matthew Streitz (center), 359th Aerospace Medicine Squadron flight doctor, Senior Airman Horace Powell (left), 359th AMDS medical technician, and Senior Airman Emily Mata (right), 359th AMDS administrative medical technician, assist an exercise victim while Tech. Sgt. Leslie Ponce (background), 359th AMDS Exercise Evaluation Team member, assesses the scene, during Joint Base San Antonio-Randolph's active shooter exercise Sept. 17-18. Readiness exercises test members' ability to respond and react appropriately.

Photo by Don Lindsey

INSIDE ... LIFETIME OF REGRET, P2 ... POW/MIA CEREMONY, P4 ... INTENSIVE RUNNING CLINIC, P10

COMMENTARY

LIFELONG CONSEQUENCES

Sexual assaults cost Airmen their future

By Col. Tom Posch
Appellate Defense Counsel chief



"I knew the minute our eyes met she was 'the one.' We exchanged numbers and set up a date. It was planned to perfection. And then she googled me and told me never to contact her again. That's life as a registered sex offender. My face, my name, my address, for the world to see: sex offender."

This is a very likely future for an Airman convicted of sexual assault. I know.

Since 1994, I've both prosecuted and represented Airmen charged in "Blue-on-Blue" crimes and all manner of sexual assaults. It happens that my memory of Sept. 11 was witnessing the attack on America and tragic loss of life on the news as I prepared my dress blues for the arraignment and trial of a client charged in the rape of a fellow Airman.

I've spent the better part of 18 years advising commanders, prosecuting cases and representing Airmen charged with violating the Uniform Code of Military Justice. Currently, I am the chief appellate defense attorney in the Air Force. I lead a team of lawyers who defend Airmen after they've been convicted at a court-martial. It's our duty, as required by Article 70 of the UCMJ, to represent these Airmen, search for legal error in their cases and advocate for their convictions to be overturned and their sentences set aside or reduced. This includes Airmen convicted of sexual assault, which sadly remains a large percentage of our docket.

As a matter of professional responsibility, it makes no difference to us whether or not our clients claim to be innocent or guilty – our duty is to defend both equally well – yes, even when they've confessed and pled guilty.

In plain speak, the Air Force is not our client, convicted Airmen are.

If you're concerned that my duties are in conflict with sexual assault prevention, don't be. In fact, the first

"It's my hope that knowledge of the consequences may deter Airmen from making a poor choice and living with a lifetime of regret. A sexual assault conviction is often just the beginning of a life of diminished freedom."

thought I'll share with you is that there are not two sides to this problem. Yes, sides are

taken in the courtroom, but nobody is "for" sexual assault or "against" accountability. "Zero tolerance" and potentially severe consequences for those who violate the law have been part of Air Force culture for many years. Accountability is the norm and not the exception. I see it every day at work and have for many years in different duties and settings.

Airmen convicted of a sexual offense face lifelong consequences. If the possibility of trial, conviction, jail and a punitive discharge don't dissuade, consider the story at the beginning of this article. There's a high probability convicted Airmen will carry the label of "registered sex offender" for the rest of their lives.

Sex offender registration allows federal and state law enforcement officers to monitor the location and activities of convicted sex offenders.

Airmen convicted of sexual assault at a court-martial are required to register in the state where they live, work or attend school. Some states even require the offender to notify the registry if they are going on vacation in a different state. If the crime involved minors, state law may bar the offender from living or working near places where children frequent, such as a school, library, daycare center or park.

Registration laws don't differentiate well between different types or degrees of sexual crimes, and some don't even try. Every state keeps a public registry of sex offenders. Many jurisdictions

make this information available via a website or app, and may include the offender's full name, photograph and address.

These laws are designed as public-safety measures rather than additional punishment, but they can carry with them a substantial loss of freedom and liberty. After serving their sentences, Airmen often find it difficult to find a home or a job, and registration also impacts their freedom of association with families, friends and loved ones. What may not have been that big of a deal at age 19 can drastically alter your way of life when you're in your 30s and married with children. The consequences of a sexual assault conviction go far beyond the immediate sentence.

I share this perspective because prevention is better than prosecution. It's my hope that knowledge of the consequences may deter Airmen from making a poor choice and living with a lifetime of regret. A sexual assault conviction is often just the beginning of a life of diminished freedom.

Understanding the consequences today may avert the sad outcome of this destructive crime and help our fellow Airmen before they fail or realize too late that such illegal conduct has lasting ramifications beyond the possibility of conviction, confinement and a punitive discharge. It's important Airmen think about the lifelong consequences of sexual assault now, not when having it explained to them by an attorney.

This cannot be understated: Sexual assault crimes last a lifetime for all involved.

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Theresa C. Carter

JBSA/502nd Air Base Wing Commander

Todd White

JBSA/502nd ABW Public Affairs Director

Marilyn C. Holliday

JBSA-Randolph Public Affairs Chief

Senior Airman Precious Yett

Editor

Airman 1st Class Lincoln Korver

Robert Goetz

Alex Salinas

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

Randolph AFB, Texas 78150

Phone: (210) 652-4410

Wingspread email

502ABW.pa.wingspread@us.af.mil

Wingspread Advertisement Office

Prime Time Military Newspapers

Avenue E at Third Street

San Antonio, Texas 78205

(210) 250-2519 • Fax 250-2570

This newspaper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Joint Base San Antonio-Randolph, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Prime Time Military Newspapers, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to 502ABW.pa.wingspread@us.af.mil.

The Sesame Street/USO Experience for Military Families



Showtimes are at 3 and 6 p.m. today
at the Bob Hope Performing Arts Center, Joint Base San Antonio-Lackland
Seats available on a first-come, first-served basis, no tickets required.

Randolph holds annual Health Benefits Fair

Randolph's Civilian Personnel Section is hosting the 2012 Health Fair from 8:30 a.m.-4 p.m. Oct. 31 at the Airman and Family Readiness Center ballroom, located at 555 F Street, Bldg. 693. For more information, call 652-0081.

NOW SHOWING at the Randolph Theater

"The Campaign" (R)

Will Ferrell, Zach Galifianakis
 Today at 7 p.m. and Saturday at 6 p.m.

"Ice Age: Continental Drift" (PG)

Voices of Ray Romano, John Leguizamo
 and Queen Latifah
 Sunday at 3 p.m.

\$5 for adults, \$2.50 for children 11 and under

Joint Base San Antonio Water Conservation Stage*

**Based on the current level of the Edwards Aquifer*

Stage II restrictions apply

Changes to Stage II water restrictions include:

The watering times for facilities and housing are now 3-8 a.m. and 8-10 p.m. on the designated watering day.

Watering days are:

- Monday if address/facility number ends in 0, 1
- Tuesday If address/facility number ends in 2, 3
- Wednesday If address/facility number ends in 4, 5
- Thursday If address/facility number ends in 6, 7
- Friday if address/facility number ends in 8, 9

Other major notes for Stage II restrictions include: new landscaping should be avoided unless material is already on order, government vehicle washing is allowed only twice per month and privately-owned vehicles may be washed only on landscape watering days. For more information, or to report misuse, call the JBSA Water Conservation Hotline 466-4H20(4420).

JBSA is obligated to follow the Biological Opinion Agreement with U.S. Fish And Wildlife Services as part of the Endangered Species Act, which is more stringent than the San Antonio Water System restrictions. JBSA personnel should not confuse the JBSA water restrictions with the SAWS restriction levels.

The Biological Opinion Agreement establishes the JBSA Drought Management Plan, which is available at <http://www.jbsa.af.mil/library/environmentalinformation.asp>.



Edwards Aquifer Level

in feet above sea level as of Sept. 20

CURRENT LEVEL = 648.0

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'

Randolph Chapel Schedule

• CATHOLIC

Monday-Friday

11:30 a.m. - Bldg. 102

Saturday

5:30 p.m. - Bldg. 102

Sunday

8:30 a.m. - Bldg. 102

11:30 a.m. - Bldg. 102

Confession

Saturday

4:30 p.m. - Bldg. 102



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Base theater

Contemporary

Sunday Service

11 a.m. - Base theater

NEWS

JBSA-Randolph POW/MIA ceremony takes place today

By Alex Salinas

Joint Base San Antonio-Randolph
Public Affairs



All with Joint Base San Antonio-Randolph access are encouraged to attend the Prisoner of War/Missing in Action retreat ceremony, an event on behalf of National POW/MIA Recognition Day, 5 p.m. today at the Missing Man Monument.

The ceremony will be hosted by Army Col. James Chevallier, JBSA deputy commander and 502nd Air Base Wing vice commander.

The speaker, retired Air Force Col. (Dr.) Thomas McNish, was a captain when he was shot down near Hanoi, North Vietnam's capital, Sept. 4, 1966.

McNish was held as a POW for the next six and a half years until he was repatriated March 4, 1973.

The ceremony will include a moment of remembrance fol-

lowed by a laying of the wreath, a 21-gun salute, renditions of "Taps" and the national anthem by the Air Force Band of the West bugler, and a fly-by from the 12th Flying Training Wing.

"It's a pleasure to be able to honor POWs and the guys who never made it back home, and it's our responsibility to continue the tradition of honoring them," 1st Lt. Joshua Frederick, the ceremony's event coordinator from the 902nd Logistics Readiness Squadron, said.

The ceremony is slated to last 20-30 minutes, but there will be time afterward for attendees to mingle with veterans, Frederick said.

"We don't want to lose the connection with POWs and their stories," Capt. Amber Ortiz, Air Force Personnel Center Company

Grade Officer Council vice president, said. "It's a reality check for many of us and it's also a great opportunity to identify with others who wore the same uniforms as us.

"It's exciting to bring people within JBSA together and to bring different generations together. We really hope to see great community attendance and support."

One can expect to see representation from various local organizations at the ceremony.

"We'll be extending an invitation to veteran organizations (such as the San Antonio River Rats) in the community," Ortiz said. "We mostly expect attendance from those across JBSA, but we're hoping to get local veterans to join us."

For more information, contact Ortiz at amber.ortiz@us.af.mil or Frederick at joshua.frederick.6@us.af.mil.



Washington Circle is closed from 3-6 p.m. today for the National POW/MIA Recognition Day ceremony. The Randolph community should expect traffic delays and use alternate routes during this time.

AFPC assists in managing civilian careers

By Debbie Gildea

Air Force Personnel Center Public Affairs

Whether you are a civilian employee, hoping to become one or planning to hire one, the myPers website has information to help you find opportunities and manage your career, Pat Stokes, Air Force Personnel Center marketing specialist, said.

"The Air Force is a great place to work," Stokes said. "Civilian careers with the Air Force offer employees quality of life, competitive compensation, excellent benefits and personal satisfaction, and we want to make sure current employees have the information they need to manage their careers and develop."

To provide information about the various opportunities, online brochures are available at myPers, Stokes added. Included in the various reference materials for civilians is the Air Force Civilian Careers document, a quick review of career opportunities, base locations, benefits and answers to frequently asked questions.

"The brochure is beneficial, even if you're already an Air Force civilian," Stokes said. "You may be ready for a location change or even a career field change, so the information could be just what you're looking for. If



you have family or friends who are interested in Air Force civilian service, but don't have access to myPers, you can print it and take it to them. It's the perfect starting point."

In addition, myPers has a printable card, called Manage your Air Force Civilian Service Career, that includes links to helpful information and websites such as the USAJobs website, resume writing guidance and standard forms required when applying for jobs.

"If you're new to the civil service hiring process, or if you've been in your current position for a while, this is the perfect resource," Stokes said. "Links go directly to job sites, resume tips and phone numbers you can call for help."

To access the documents, log in to myPers, <https://mypers.af.mil> with a common access card or login ID and password, and go to the civilian employee page. Select employment opportunities from the menu on the left. The documents are listed under brochures.

For more information about civilian career opportunities go to myPers or the civilian careers website at www.afciviliancareers.com.



JOINT BASE SAN ANTONIO-RANDOLPH

Photos by Don Lindsey

Professional Performers

The Joint Base San Antonio-Randolph Top Three Professional Performers Award program recognizes enlisted members for their outstanding professionalism in the performance of primary and additional duties, along with involvement in base and community events.



**Senior Airman
Mercedes Bennett**

**Senior Airman Mercedes Bennett
359th Medical Group**

Senior Airman Mercedes Bennett's outstanding duty performance resulted in an 80-percent increase in third party collections, recouping \$94,000 of insurance money. In addition, she trained 40 members on Third Party Collections ensuring process clarification and standardization. She recently emceed the 359th MDG monthly promotion ceremony. Lastly, she led "Team Renovation" at Morgan's Wonderland, directly impacting the experience of disabled children who visited the theme park.



**Staff Sgt.
Heather Greer**

**Staff Sgt. Heather Greer
902nd Security Forces Squadron**

Staff Sgt. Heather Greer is a subject matter expert in installation traffic policy. Greer authored the Security Forces Patrolman Guide establishing precise traffic ticket issuing procedures for security forces patrolmen. Her administration skills ensured 57 traffic citations, seven Joint Base San Antonio barment orders and 24 traffic accident reports were processed and recorded. Additionally, she ensured the completion of four unit level security clearances and more than 100 local background checks. Finally, as the 902nd SFS Booster Club president, she helped raise \$1,115 for morale functions and 902nd SFS events.

Volunteers needed for JBSA Recreation Park project

By Robert Goetz
Joint Base San Antonio-
Randolph Public Affairs



Active-duty members, civilian employees and dependents have an opportunity to participate in a project Sept. 29 that will benefit a facility that serves all of Joint Base San Antonio as well as other Department of Defense personnel throughout South and Central Texas.

On National Public Lands Day, volunteers will create a new nature trail and develop 20 to 30 new primitive campsites at JBSA Recreation Park at Canyon Lake.

"We've received a grant to purchase all the equipment we need," John Guerra, Randolph natural resource manager, said. "I just need volunteers to get the work done."

Guerra, who estimated 20 to 30 volunteers will be required to complete the job, said Randolph obtained a \$3,500 grant through the National Environmental Education Foundation's National Public Lands Day Department of Defense Legacy Award Program to pay for the project.

The funds cover a range of equipment and supplies, from a chainsaw, landscaping shears and rakes to wildflower and grass seeds, personal protective equipment and gasoline cans.

Guerra said the National Public Lands

Day event, which will begin at 9:15 a.m., will include returning 30 abandoned primitive campsites to a natural state and developing the new sites, which will entail the clearing of underbrush, thickets and shrubs in a 6- to 8-acre area.

According to the grant application, returning the abandoned campsites to their natural state "will help promote regrowth, pollination and soil stabilization," while development of the new campsites "will help clean away dry tinder that can be an extreme fire hazard during times of severe drought."

Guerra said cutting the estimated 900-foot trail will require the removal of trees, rocks, brush and thicket.

"Wood material will be hauled to the park's chipper and turned into mulch," he said. "The mulch will be used as the trail's bed, and river rocks will line the trail."

The new trail will add another walking path to the park and connect two existing trails on what were formerly separate parks – Fort Sam Houston's on the north side of Jacobs Creek Park Road and Randolph's on the south side.

Jonathan Clifton, JBSA recreation park general manager, said the two parks were integrated in October 2010 and renamed JBSA Recreation Park.

"It is all under one management and all rules apply across the board," he said.

In addition to campsites and nature



Photo by Don Lindsey

The Joint Base San Antonio Recreation Park at Canyon Lake, which includes the former Randolph and Fort Sam Houston Recreation Parks, will undergo construction Sept. 29 to make room for a new nature trail.

trails, the park, which is open to all DoD cardholders, features recreational vehicle sites with hook-ups; boat, canoe and kayak rentals; two fishing piers; soccer fields; beach volleyball courts; boat ramps; and waterfront access to Canyon Lake.

Part of the park is accessible to the general public, Clifton said.

"At the end of Jacobs Creek Park Road lies a public day park known as Jacobs Creek Park," he said. "It is also managed and operated by JBSA, yet it remains a separate area from the DoD-only areas of JBSA Recreation Park."

Guerra said Randolph has received

several grants through the National Environmental Education Foundation's Legacy Award program in recent years, enabling the planting of native trees in Eberle Park in 2010 and wildflowers in 2011.

He said he is seeking volunteers from all three JBSA installations for this year's project and has invited Randolph's Boy Scout troop and members of the U.S. Navy Sea Cadet Corps-Alamo Battalion to participate.

For more information or to volunteer for the National Public Lands Day project, call Guerra at 652-7131.

Work crews make progress on communications upgrade

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs



Work on a \$3.5 million communications infrastructure upgrade at Joint Base San Antonio-Randolph that involves the installation of more than 40 miles of fiber-optic cable has entered a new phase.

Three months into the project, which will result in high-capacity transport of data, voice and video for Randolph users, crews are drilling openings to accommodate conduits for fiber-optic cable in buildings that have undergone asbestos assessments and mitigation.

Lloyd Mims, 902nd Communications Squadron information technology specialist, said state of Texas-certified contractor crews are using vacuum drills with high-efficiency particulate, or HEPA, air filters to core walls, ceilings and floors for the installation of the conduits.

"Although the contractor crews performing this work are wearing personal protective equipment as required by state law, the areas in which they are coring pose no danger for the building occupants," he said. "All necessary precautions and laws are being followed to ensure quality of life and safety is maintained."

Mims said this segment of the project, affecting about 92 buildings throughout the base, may involve temporary inconveniences due to interior construction and associ-

ated noise and vibrations from drilling and coring.

"Every effort will be taken to minimize the impact of this project and ensure the safety of the entire Randolph community," he said.

The installation of fiber-optic cable is the information transport segment of the Air Force Materiel Command Life Cycle Management Center Programs Office's multi-billion-dollar Combat Information Transport System. The Randolph ITS is expected to be completed in June.

Mims said the ITS will enhance connectivity to 147 mission support facilities at Randolph, including 20 emergency-essential housing units. CITS will comprise network defense and network management systems in addition to ITS.

"Transport is the physical information pathways, network defense is the security and network management is the control," he said. "All of these assets combine to



provide connectivity throughout the Air Force to link command and control and combat support systems to the Defense Information System Network using Non-Secure Internet Protocol Router Network or Secret Internet Protocol Router Network connectivity."

Mims said the CITS will enhance communications at Randolph.

"In any operation, communication is a key element for success and we strive to ensure successful communication capabilities exist for all Randolph mission partners," he said.

In addition to providing high-capacity transport of data, voice and video, the upgrade will meet future growth of the Global Information Grid,

improve all NIPRNET switching equipment and address any grounding and power supply issues as needed in the communication rooms, Mims said.

For more information on the Randolph ITS installation, call 652-5009.

Joint Base San Antonio-Randolph Professional Organizations

Airmans Council



General membership meetings take place at 3 p.m. the last Friday of each month at the Kendrick Club.

Rising 5/6

General membership meetings take place at 3 p.m. every third Friday of each month at the Parr Club Auger Inn.



Top 3

General membership meetings take place at 3 p.m. every third Friday of each month at the Kendrick Club.



Graphic by Rich McFadden

Airline staff institutes new travel policy

Courtesy of 902nd Logistics Readiness Squadron

Beginning Oct. 1, the Defense Travel System is changing. Any authorization that includes air travel must be approved within 72 hours in advance of the trip start date to avoid airline reservation cancellation. This is due to the new policy being instituted by the airlines under the fiscal year 2013 General Services Administration City Pair Program contract.

According to Tracy Kreusler, Joint Base San Antonio-Randolph supervisory transportation assistant, "the Defense Travel Management Office said this change is necessary to be in compliance with the new City Pair contract requirements starting next month."

Under the new policy, if an authorizing official does not approve an authorization within 72 hours of departure, the airline reservation will be canceled and the traveler will arrive at the airport without a ticket or a reservation in the airline's system. This applies to all City Pair and non-contract government flights that are either booked through DTS or through a Commercial Travel Office.

"What this means to our travelers is when making official travel plans, it is important both the traveler and the approving official make sure they are performing their required actions in a timely manner," Kreusler said.

Those travelers making travel plans within 72 hours of departure must have their authorization approved within 24 hours of creation to avoid cancellation.

Tips for travelers

- Monitor the status of travel authorization. If trip authorization hasn't been approved, contact the authorizing official immediately. If your AO is not available, contact the defense travel administrator.
- Ensure your Defense Travel System profile is current. Often, travelers forget to update their profile with new government travel credit card information.
- Check the status of your GTCC. Some organizations deactivate a traveler's GTCC if he/she is not scheduled for any travel.
- Cancel reservations as soon as you know the trip is canceled.
- Take your travel itinerary with you to the airport. If your reservation has been canceled, the itinerary will provide contact information



Arriving at the airport without a ticket can impact the mission, travel funds and put unnecessary stress on the traveler. Travelers

are not advised to rebook at the airline counter. Often, counter agents are not familiar with GSA's City Pair Program and may book the traveler on a full-price fare at a much higher cost due to the last minute booking. To rebook a flight, travelers should follow their normal travel ticket procurement process.

"The GSA City Pair program provides fully refundable tickets at a predetermined contract rate," Kreusler said. "When travelers arrive at the airport without a ticket, they risk being charged a higher cost fare. Being timely in processing their request in DTS will help to ensure proper cost for official travel."

In the near future, DTS will be modified to automatically send a notification to the traveler before cancellation occurs. Until this change can be implemented, travelers will not receive any notification.

"If you are ever in a situation like this, the best thing to do is call the 24-hour emergency number provided on your travel itinerary," Kreusler said.

In the current fiscal environment, where it is necessary to be conservative with travel budgets, monitoring the statuses of travel documents and ensuring travel authorizations are approved are the best ways to avoid unnecessary costs and stress associated with rebooking travel, Kreusler said.

for assistance and details to help you rebook.

Tips for Defense Travel Administrators

- Run the approved status report more frequently to assist travelers and AOs with travel that is "at risk" of cancellation.
- Run traveler status reports to notify agency coordinators which travelers are scheduled for travel to ensure GTCCs are activated.
- Run an accounts information report monthly to verify validity of GTCCs.

Tips for Approving Officials

- Monitor documents awaiting approval.
- Ensure a backup AO is designated.

Tips for Agency Program Coordinators

- Review the accounts information reports and advise DTAs regarding invalid GTCCs.
- Review the approved status report and ensure needed GTCCs are activated.

Joint Base San Antonio-Randolph NEWS BRIEFS

POW/MIA ceremony today

Washington Circle will close 3-6 p.m. today for the National POW/MIA Recognition Day ceremony. The Randolph community should expect traffic delays and use alternate routes during this time. For more information on the event, see page 4.

Joint Base San Antonio-Randolph holds Retiree Appreciation Day

The Joint Base San Antonio-Randolph Retiree Appreciation Day will be held at 8 a.m. Saturday at the Kendrick Club. There will be a full slate of exhibitors who will provide information of interest to retirees. For more information, contact 652-6880 or the Retiree Activities Office website <http://www.jbsa.af.mil/library/jbsaretireeactivities-office.asp>.

Red Cross seeks volunteers

The American Red Cross seeks volunteers to serve the base community at the Joint Base San Antonio-Randolph Medical Clinic. For more details, call the Red Cross desk at 652-6372.

Logistics Readiness Squadron closes for training

The 902nd Logistics Readiness Squadron Vehicle Maintenance Shop, Bldg 171, and Dispensing Maintenance Shop, Bldg 22, will be closed for training Tuesday. Vehicle Management and Analysis, fleet management offices and customer service will operate during normal business hours.

For customer service, roadside assistance/mobile maintenance, call 652-8276. For more information, contact Dan Huffman at 652-7979/6150.

359th Medical Support Squadron holds drug take-back event

The 359th Medical Support Squadron is scheduled to hold a Drug Enforcement Agency Drug Take-Back Day to dispose of old medications 10 a.m.-2 p.m. Sept. 29 at the Randolph Base Exchange satellite pharmacy.

For more information, contact Capt. Timothy Weigle at 652-1566.

newly consolidated
Joint Base San Antonio website

Fort Sam Houston
Lackland • Randolph
www.jbsa.af.mil

Graphic by Lino Espinoza

FEATURE

Photos by Airman 1st Class Lincoln Korver

Volunteers keep JBSA-Randolph thrift shop successful

By Airman 1st Class Lincoln Korver
Joint Base San Antonio-Randolph Public Affairs



Every year, the Joint Base San Antonio-Randolph Thrift Shop and its volunteers earn about \$60,000, which is used as scholarship money for college-bound high school students.

The Randolph Thrift Shop has been fully functioning for more than 60 years, Barbara Bryant, thrift shop manager, said. The organization is jointly run by the Officers' and Enlisted Spouses' Clubs.

After all of the bills are paid, the profits are evenly split between the clubs and from there, the money goes to support their various welfare activities as well as scholarships, she said.

"There is easily \$60,000 split between the two organizations per year," Bryant said.

"The way it works is we have a consignment form, which consists of 12 blocks," Bryant said. "Each day we are open, people are allowed to bring 12 items in the increment of three items per department. Once sold, the previous owner gets 75 percent, and the 25 percent that we keep is the money we donate to the two clubs at the end of the year."

Items are kept on a four-week rotation. After that, the owner can choose to withdraw it or the item becomes shop property and is then marked down in price. The shop does this in order to keep

"Most of all, the reason we are here is to provide scholarships for military children. That's what motivates us all when it gets rough here."

Katherine Scott
JBSA-Randolph Thrift Shop volunteer

the merchandise fresh and to allow new things to be put on the shelves.

"We never throw anything away because something always has a second life," she said. "Whenever we can't sell something, we donate it to the Salvation Army."

While running the thrift shop, Bryant manages to build relationships with the store's customers.

"I tell customers, 'let me know what you're looking for,' so whenever we get an item I think they would like, I give them a call," she said. "We have real customer service here. We know them by name and they become our family and friends. We meet all needs and when we don't have something they are looking for, I'll try to find it somewhere else for them. It's a labor of love and I give all of mine away."

Anyone with a military or Department of Defense ID card is allowed to shop.

"I focus on customer service because I believe without customers, we wouldn't have a successful business," Bryant said.

To Bryant and all of the volunteers, the thrift shop means much more to them than just being a discount store.

Helping military families is one of the biggest motivators when it comes to people deciding to volunteer their time to the thrift shop.

"Most of all, the reason we are here is to provide scholarships for military children," Katherine Scott, thrift shop volunteer, said. "That's what motivates us all when it gets rough here. Some days are really hard, but its worth it when we think about what we are doing because we are giving kids an opportunity that they may not have had otherwise."

The thrift shop is open Monday, Wednesday, Friday and the first Saturday of every month.



Debbie Kyrova, (right) thrift shop volunteer, helps Susie Parsons from the Air Force Personnel Center, check out at Joint Base San Antonio-Randolph Thrift Shop.



Pam Clark, thrift shop volunteer, arranges merchandise at the Joint Base San Antonio-Randolph Thrift Shop here.

Dentists explain use of fluoride

By Capts. Shannan and Derrik Johnson
59th Dental Group



In today's world of sugary, sticky foods and drinks, regular exposure to fluoride is more important than ever. Fluoride helps strengthen teeth and prevents the formation of cavities.

Fluoride is obtained from many different sources. It exists naturally in water sources and is formed from fluorine, the 13th most common element in the earth's crust.

According to the Centers for Disease Control and Prevention, more than one quarter of 2-to-5-year-olds and half of children ages 12 to 15 have one or more cavities. Additionally, tooth decay has affected two-thirds of young adults ages 16 to 19. Fluoride can help reverse this trend.

Fluoride is especially important for young children because it can help prevent and even reverse the early stages of tooth decay or "cavities," as well as contribute to increased bone density.

Tooth decay happens when the sticky film of bacteria on teeth, known as plaque, breaks down the sugars found in food. This process creates damaging acids that can dissolve the surface of teeth, eventually causing cavities. Fluoride can help prevent this process by becoming part of the structure of developing teeth when ingested, and by contacting tooth surfaces and preventing the acid destruction of teeth.

While fluoride cannot repair cavities, it can reverse early stages of tooth decay by helping to remineralize tooth structure that has been weakened by the bacteria's acid. The remineralization process that occurs with fluoride is beneficial to the teeth of both children and adults.

While fluoride is very important for developing children, it is even more important to make sure they get just the right amount. Too much fluoride can lead to a dental condition called "fluorosis," an unsightly discoloration of the adult teeth.

One of the greatest risk factors for fluorosis in

While fluoride is very important for developing children, it is even more important to make sure they get just the right amount. Too much fluoride can lead to a dental condition called "fluorosis," an unsightly discoloration of the adult teeth.

young children ages 2 to 3 years old is ingesting excessive toothpaste while brushing because they cannot yet spit out their toothpaste. Therefore, it's especially critical for parents to brush their children's teeth when they are younger. Even when children are capable of performing their own oral hygiene, parents should monitor their child's tooth brushing habits.

Other ways to prevent excessive fluoride intake include using specially formulated toothpaste made specifically for young children until 30 months old, applying only a pea-sized drop of toothpaste on children's toothbrushes until 8 years old and accounting for all sources of fluoride available to children before requesting supplements from a physician.

Furthermore, avoiding fluoride supplements for children under 6 months of age and obtaining commu-

nity fluoride levels before giving supplements to a child can reduce the risk of fluorosis. In general, if a child is drinking tap water and living in a community with fluoridated water, the child is most likely getting enough fluoride and will not need supplements.

However, if a child is living in a non-fluoridated community or drinks only bottled water or unfluoridated water, fluoride supplements may be needed and should start at about 6 months of age.



Photo by Senior Airman Erin Peterson

Airman 1st Class Sheryl Dallas, 59th Dental Group dental assistant, examines Destiny Becerra's teeth at the drop-in dental clinic on Joint Base San Antonio-Lackland.

Fluoride can be obtained from multiple sources within the community. Many infant foods contain small amounts of fluoride, including powdered concentrate infant formula, soy-based infant formula, infant dry cereals, creamed spinach and infant chicken products. Many fruits and vegetables also contain fluoride. Some beverages may contain high levels of fluoride, especially decaffeinated teas, white grape juice and juice drinks manufactured in fluoridated cities. Fluoride is found in the drinking water of most major cities, with an ideal amount of 0.7 parts per million for the prevention of tooth decay.

For more information on how much fluoride is in your city's drinking water, visit My Water's Fluoride at <http://apps.nccd.cdc.gov/MWF/Index.asp>.



Photo by Rich McFadden

SPORTS - HEALTH - FITNESS

HAWC offers intensive running clinic

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Join Ian Adamson and Dr. Mark Cucuzella, experts in the field of running, for the Newton Natural Running Clinic 8 a.m.-4 p.m. Thursday and 8 a.m.-2 p.m. Sept. 28 at the Rambler Fitness Center Gymnasium.

All active-duty members, retirees and their

families with base access are welcome.

Attendees should prepare for classroom discussions concerning the human gait, footwear mechanics and running injury assessments as well as outdoor sessions.

Kimberly Houk, Joint Base San Antonio-Randolph Health and Wellness Center exercise physiologist, coordinated the clinic to highlight injury prevention.

"The clinic was originally intended for our military members," Houk said. "But so many people are affected by running injuries, we want everyone to be safer when exercising."

Randolph participants can sign up at <https://app-eis.aetc.af.mil/fas/Randolph/default.aspx>. Off-base participants can schedule by emailing Randolph.hawc@us.af.mil. For more information, call 652-2300.

Joint Base San Antonio-Randolph

Sports BRIEFS

Youth programs joins Worldwide Day for Play

Randolph Youth Programs will be a site for Worldwide Day of Play 11 a.m.-2 p.m. Saturday. This event encourages kids to turn off their television and be active and healthy. For more information, call 652-3298.

Fitness center to hold appreciation event

The Rambler Fitness Center is hosting a Customer Appreciation Day Sept. 28. The following classes will be provided free: step class at 9 a.m., cycling class at 11:15 a.m. and a yoga class at 5:30 p.m. For more information, call 652-7263.

Register now for Rambler 120 teams

The seventh annual Rambler 120 Team Challenge at Joint Base San Antonio Recreation Park. takes place Oct. 20. Participating teams will bike through the Texas Hill Country, run across Canyon Lake dam and raft along the shoreline for the ultimate team challenge. For more information, call 267-7358.

Bowling center offers special prices

Bowl all the games you want for \$5 per hour per person (plus shoe rental) 2-5 p.m. every Tuesday and Thursday during September at the Randolph Bowling Center. For more information and to check lane availability, call 652-6271.



Natural Form Running Clinic Sept. 27 and 28

The program, hosted by the Joint Base San Antonio-Randolph Health and Wellness Center, features **Ian Adamson**, world renowned ultra runner, adventure racer and biomechanic specialist, and Air Force Reserve **Lt. Col. (Dr.) Mark Cucuzella**, West Virginia University School of Medicine Professor of Family Medicine.

Symposium Schedule of Classes*

Sept. 27

8 a.m. Welcome
8:30 a.m. Baseline run video (outside)
8:45 a.m. Video gait review (classroom)
9 a.m. Refreshment break
9:10 a.m. Human gait, biomechanics
10 a.m. Break (shoe try-ons)
10:30 a.m. Run form clinic
Noon Lunch break
1 p.m. Strength and aerobics
1:50 p.m. Break
2 p.m. Strength drills, range of motion
2:50 p.m. Refreshment break
3 p.m. Form clinic practice (outside)
3:30 p.m. Form clinic Q&A (classroom)
4 p.m. Optional easy run

Sept. 28

8 a.m. Running injury
8:50 a.m. Break

9 a.m. Shoe prescription, fitting
9:50 a.m. Break
10 a.m. Run form clinic review
10:50 p.m. Break
11 a.m. Training for Air Force run test
Noon Lunch break
1 p.m. Information for coach candidates
2 p.m. Program ends

• *Event location: Rambler Fitness Center gym*

• *Participants are asked to wear running apparel and shoes.*

• *Symposium suggested reading list:*

- *Anatomy for Runners* by Jay Dicharry
- *Natural Running* by Danny Abshire

* See the introductory text above for sign-up information, or call the HAWC at 652-2300.